

# I'm Me

The logo for 'I'm Me' is displayed in a stylized font. The word 'I'm' is in green, and 'Me' is in white with a blue outline. The letter 'e' in 'Me' is replaced by a blue handprint with orange dots on it, all set against a dark blue rectangular background.

## Identity Doodle Book

An illustration of a hand holding a black marker, positioned as if about to draw or write on the page.

**This Doodle Book contains pages completed by learning disabled and autistic artists from across all seven companies participating in I'm Me.**

A white silhouette of a person holding a large white sign on a stick. The sign is connected to a yellow speech bubble containing text. The background is a vibrant, abstract collage of colors including red, blue, yellow, and green, with various brushstrokes and splatters.

# Identity Doodle Book



The **I'm Me** project explores questions about learning disability identity, representation and voice.

This book contains tasks, instructions, ideas through which you can explore questions of identity. Identity might be little things about you personally, or big things about your place in the world.

We hope through exploring this book you'll go on a creative and rewarding



**This book is divided into two parts:**

# 1. Warm ups

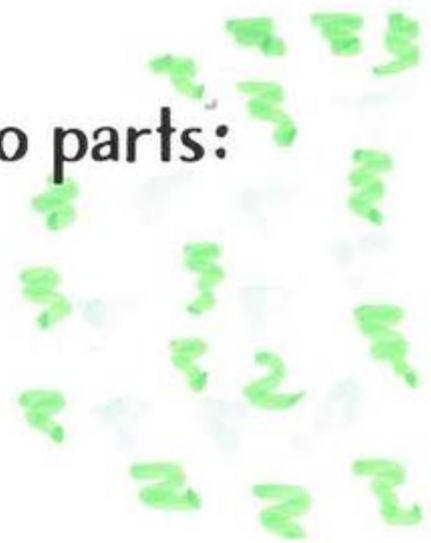
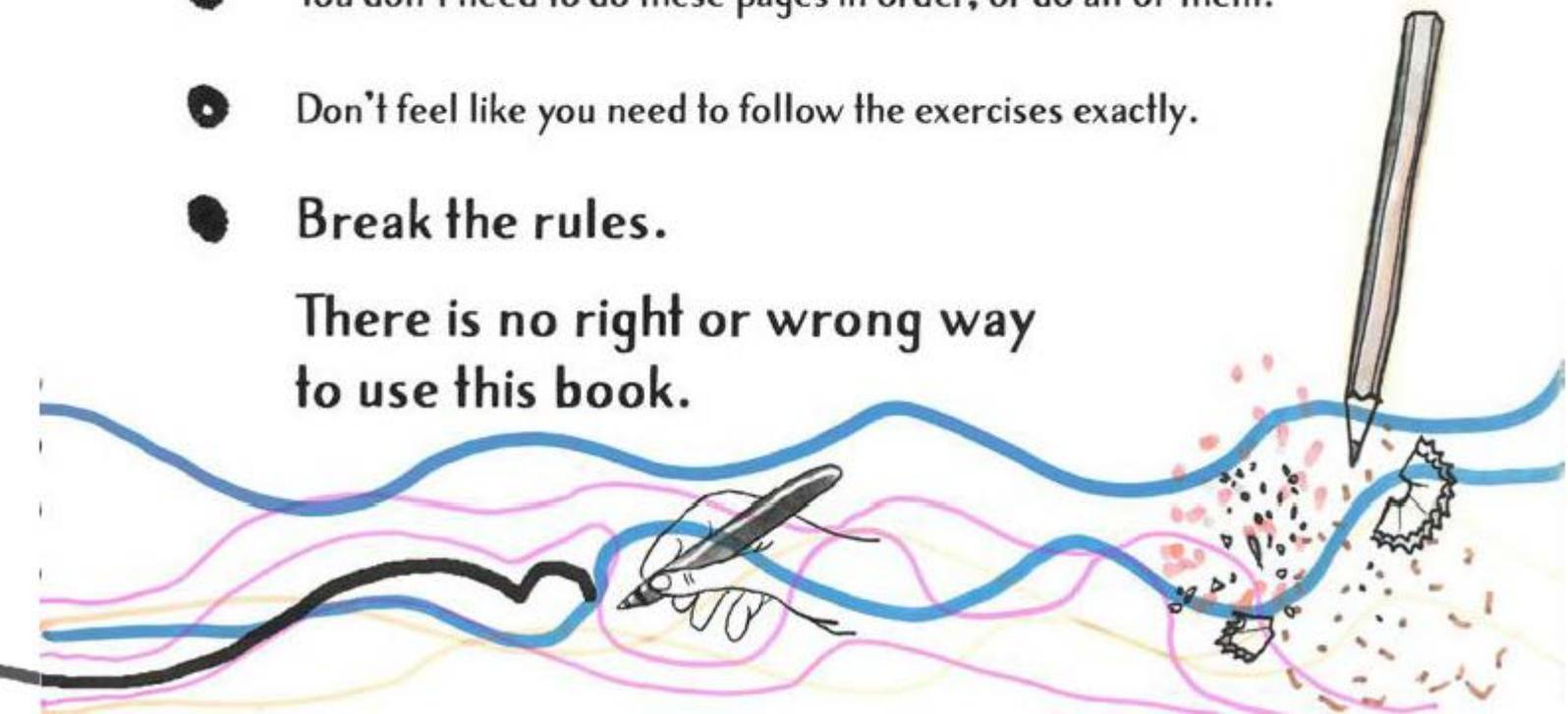
These pages are designed to get you started.

# 2. Big questions

Here we really get going with questions about identity.

- You don't need to do these pages in order, or do all of them.
- Don't feel like you need to follow the exercises exactly.
- Break the rules.

There is no right or wrong way to use this book.



# Your rights in research

## 1. You have the right to have your say.

I have ideas that people should listen to



## 2. You have the right to support.

You have the right to support or ask for help.

sometimes I need support  
I & I can't help just  
well. I also help others  
in the group.



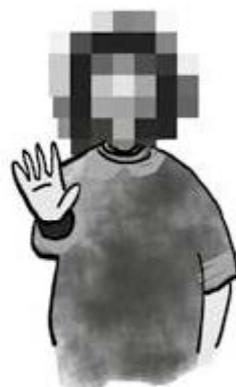
### 3. You have the right to feel safe and say no.



no means no

### 4. You have the right to privacy.

I feel that I  
have my privacy



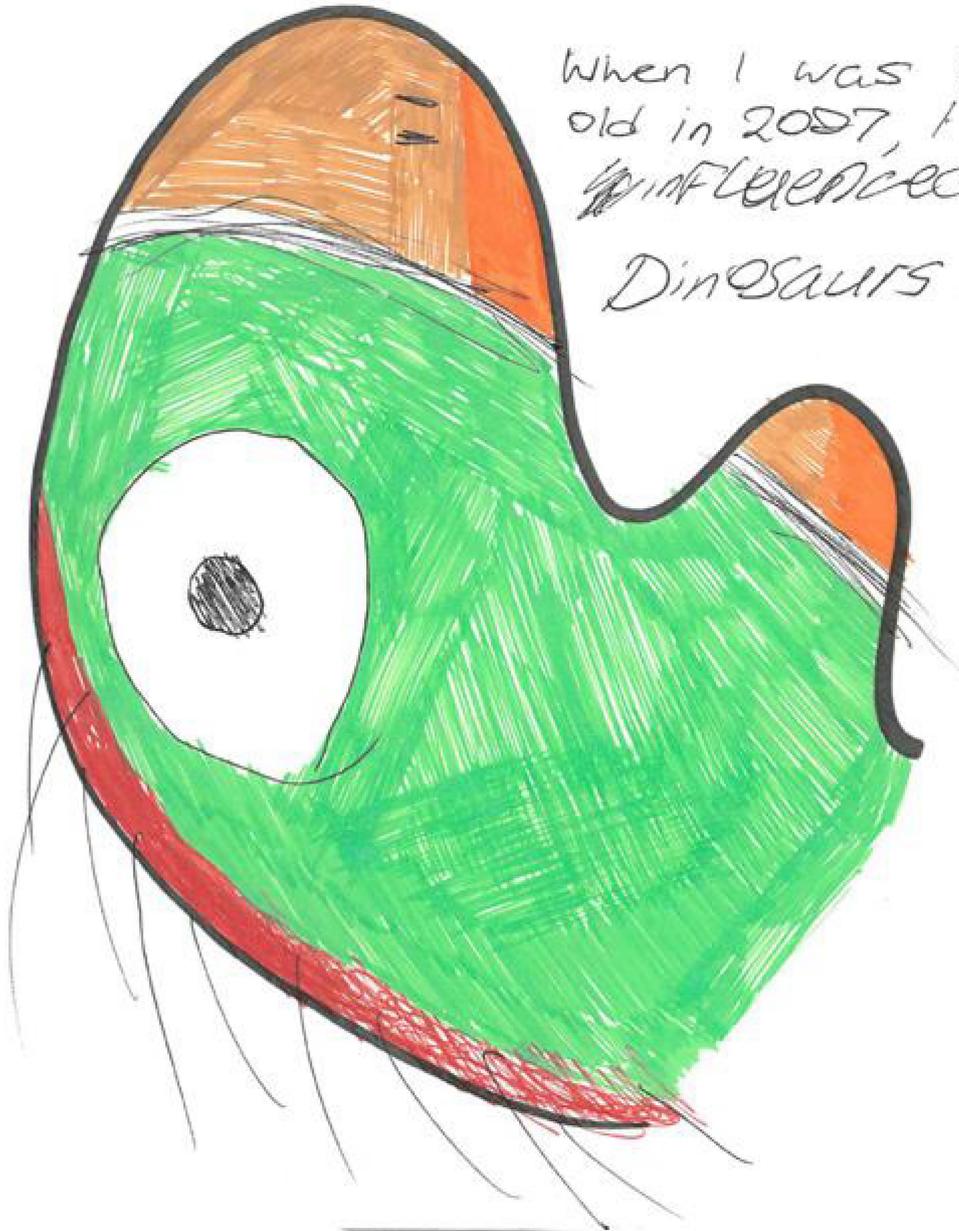
### 5. You have the right for it to feel worthwhile.



I feel I  
am heard  
& feel  
worthwhile

# Scribble

Turn this scribble into a drawing of yourself, aged 5.



When I was 5 years  
old in 2007, I was  
influenced by  
Dinosaurs

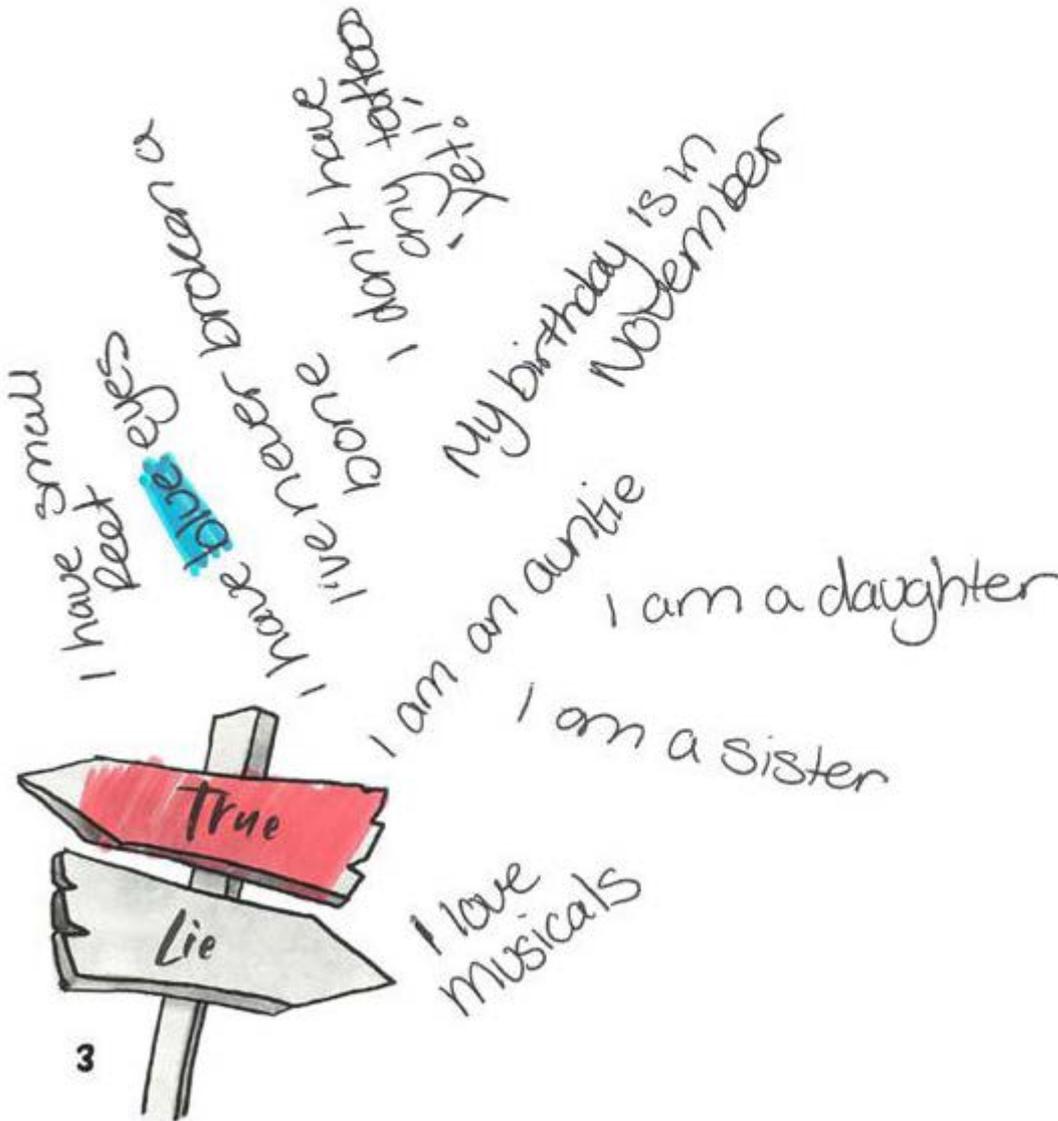
Turn this scribble into a drawing of yourself, aged 105.



Warm Up

# Truth or Lie

Draw or write something **true** about yourself.



Draw or write something **Untrue**  
about yourself.

I don't have any brothers  
or sisters.

I don't like horror movie.

I don't like drinking  
alcohol.

Share in pairs.  
Try and guess  
which is true  
and which is a  
lie.

# Earworms

Fill this page with half remembered lines from songs you love.



Do you Believe in Life after  
love

If I could turn back Time

If I could have my way  
I take back all the words  
that hurt

"Dancing queen, feel the beat from the tangerine"...

Oh we're halfway there.

Oh, shouldward on a chair! <sup>(Lying on a chair)</sup>

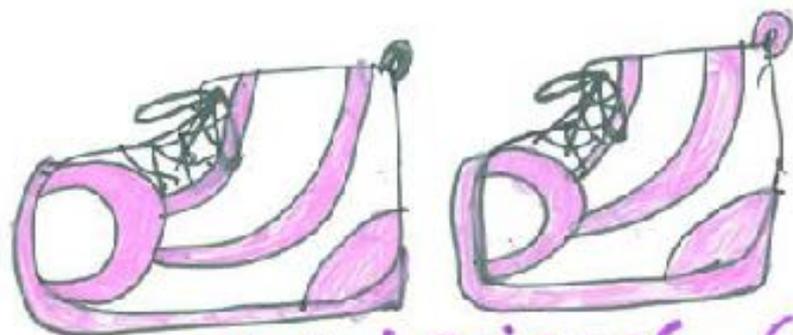
Pair of dice by the <sup>(paradise)</sup>  
 dashboard light. <sup>(by the dashboard light)</sup>



I want a grape tree. <sup>(I want to break free)</sup>

**Working with other people, can you create a new song out of all the lyrics you half remembered?**

# Draw your shoes

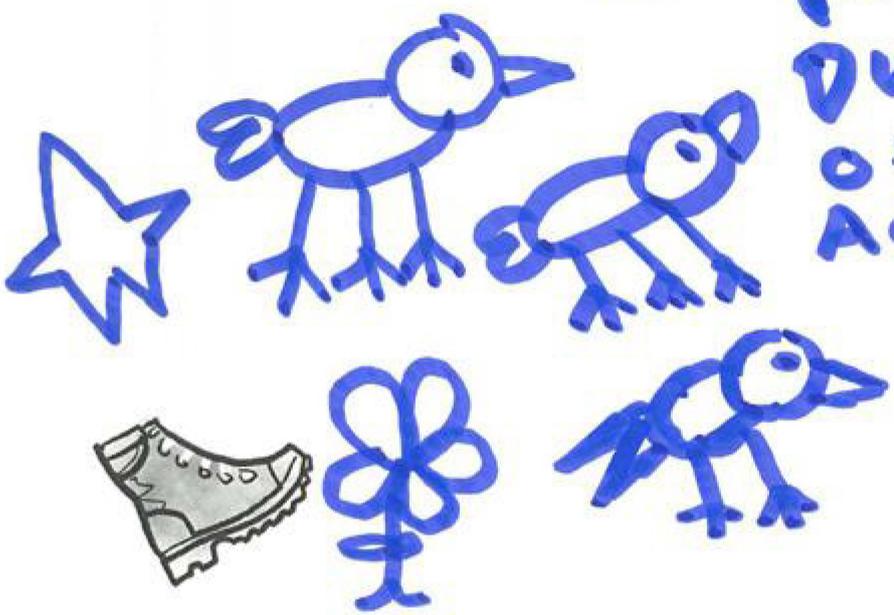
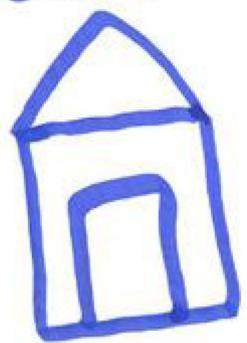


my pink trainers say I am  
happy for u wearing me to go  
out in like shopping, Cinema  
and Trampoling going out for  
Dinner, and walking in



If they could talk, what would they say?  
Write, act, sing or dance their story.

I would let them  
Dance in the distance  
Like a talking puppet  
and take them  
around different  
places  
around  
the  
world  
full of  
DUCKS and  
other creatures  
Animals

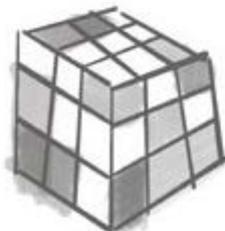
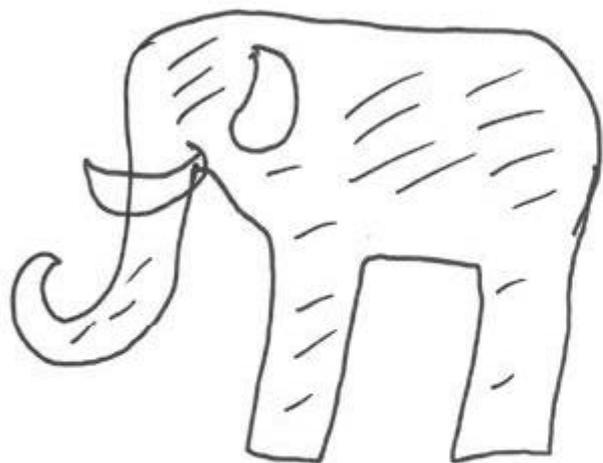


What other bits  
of your clothing  
have a story to  
tell?

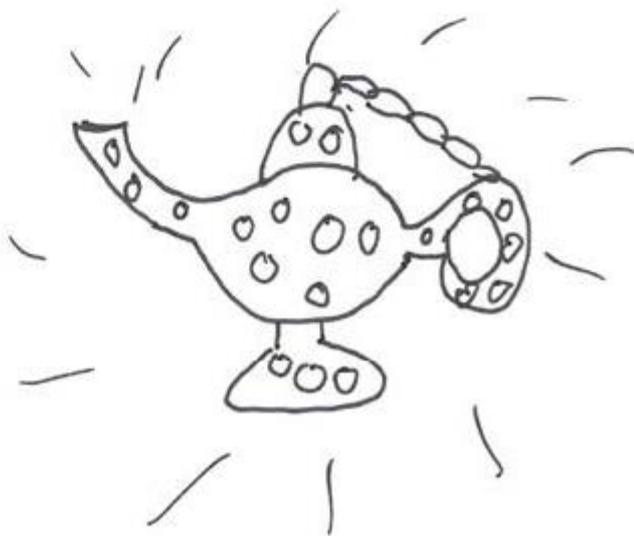
# Precious things



Draw an object that is important to you.



9



If that object could talk, what would it say?

My elephant would talk in a big deep voice combined with a heavy British/Swahilli accent.

My Ram would talk in a nasal bleating voice

The Lamp would speak in a distorted echoing voice.

Yes. I would call it..  
"The Legend of the Ramephant"

Could you turn this story into a performance?

# Places

Create a list of places that are special to you.

Blackberry Picking Field

Swimming Pool

MT9

York

My Bedroom

~~my~~ gingerbread

Scarbrough

Reiaton sands

Roberts PARK

Manchester Arena

My NANS House

My home

Thorton vyadvokt

Alahmra

The vve

York St Johns

KAKASangham

NARNIA at,

my My NANS

old base

Leeds

BATH



From this list create a Map.



Warm Up



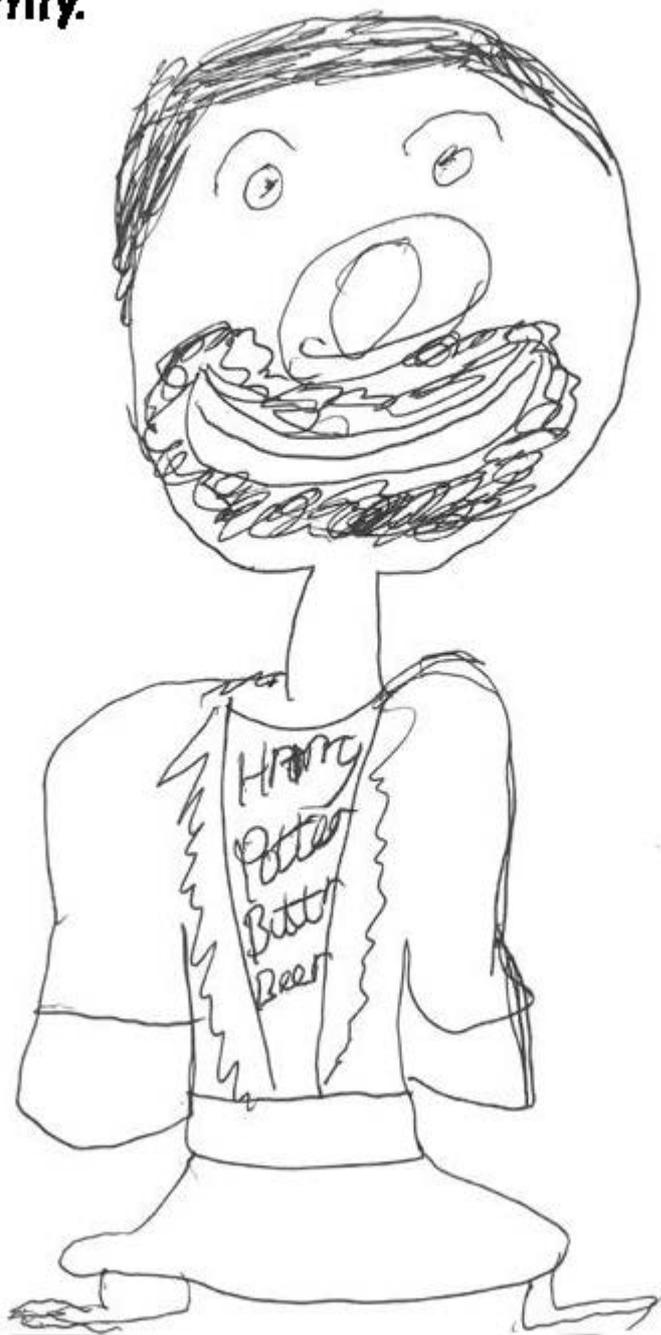
# Clothes

Draw how you dress to go to a wedding.

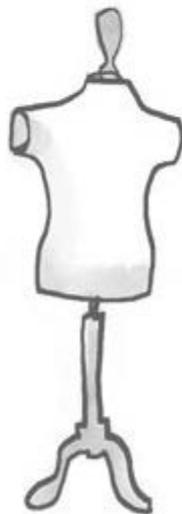


What do your  
clothes say  
about you?

Draw how you dress to stay at home and be comfy.



Warm Up



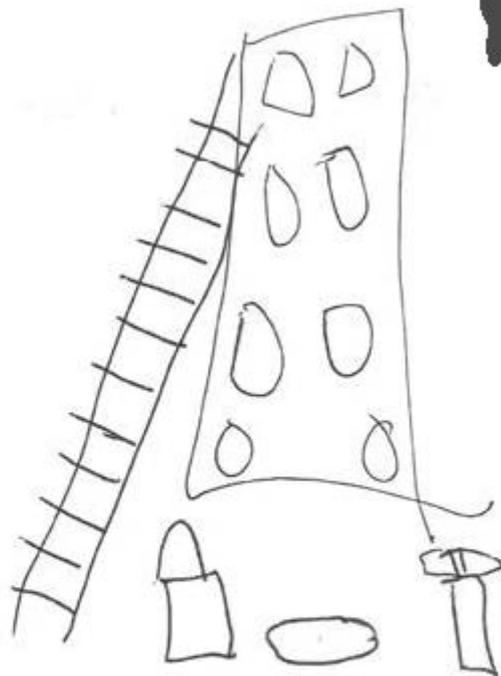
# Jobs

List any jobs you've ever had.

Only ever had volunteer roles  
I am looking for work part time

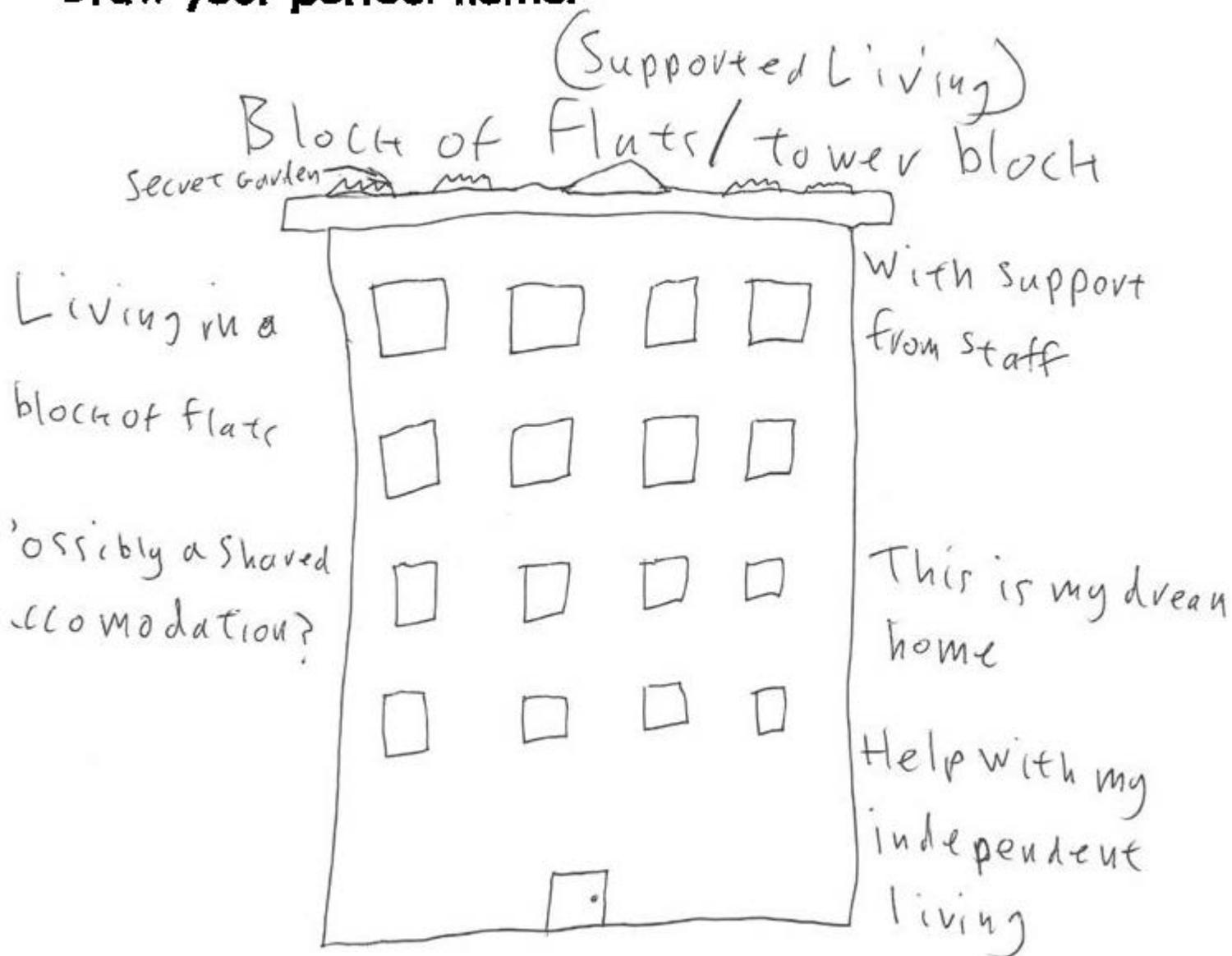


Draw or list any jobs you'd like to have.  
**Window Cleaner**



# Home

Draw your perfect home.



## What 3 things make it perfect?

1. To have Support from Staff for my independent living
2. I can be alone at long last!!!
3. Gives me peace + quiet and Freedom!



# Safe

**When do you feel safe?**

**List 3 places or times.**

Hug my dad  
Friends

Been Home in my  
bed

Been out with Friends



Pick 1

What can you see?

Mum Say Love you  
When was Little  
CHILD.



What can you hear?

People Speak  
At Lug H t Her  
Compny . ART CLASS.

How do you feel?

Sad chat can  
Go back To my  
CHILD Hood. Say Love  
you mum

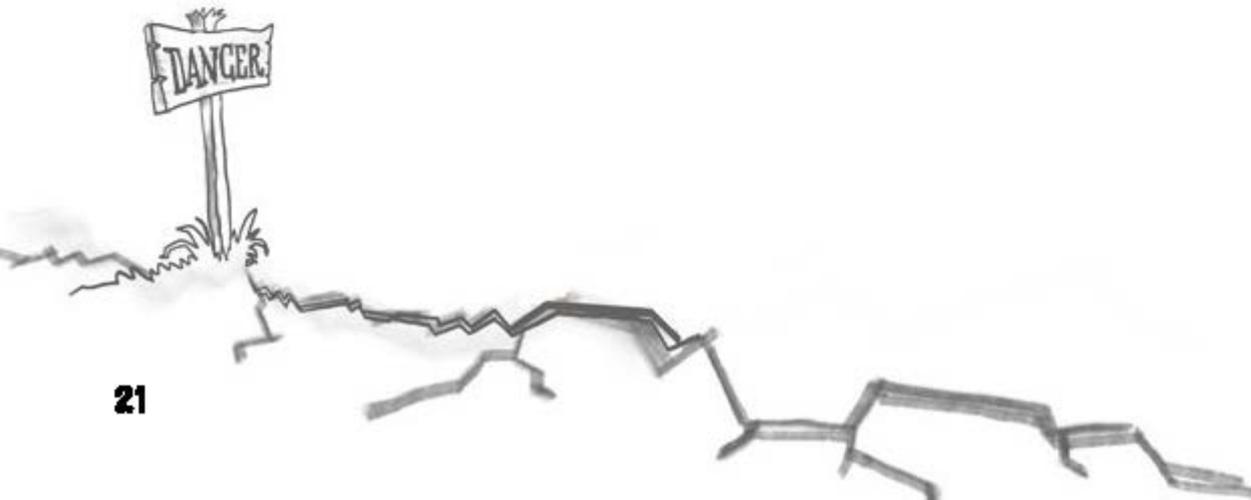


# Unsafe

When do you feel unsafe?

List 3 places or times.

1. Festivals
2. Around Snakes
3. Surrounded by wasps
4. Crowded Areas



Pick 1

What can you see?

~~for #1~~

Wrapping a snake around  
my torso up to my neck

What can you hear?

ssssssssss.

How do you feel?

uncomfortable with its  
incredibly scaly skin coming  
into contact with mine.

# People

**Draw a time somebody  
made your life more difficult.**

When people make me angry  
my head makes me want to scream  
my head off and it feels like my  
head is going to explode like a  
bomb

**How could you have  
responded to this  
person in a way that  
would have made  
things better?**

Draw a time somebody  
made your life easier.



# Do Communities

List the communities you are part of.

**Communities:**  
A group of people who you share something with.

Scout  
LinkedIn  
Mondy  
Boys & Girls  
Shorts  
Brun  
White and Black  
Black Society  
Pennix  
Hastings  
Nike Film  
White  
Charger  
RE  
Open Theater  
USB Communities  
Apple  
DVR Sussex  
Social media  
NSPCC  
Cinema  
Curry  
People  
Disability  
Saxon monk school  
Sliver Lee Stage School  
Theatre  
Burgers  
Cherry  
Writers Group  
QAC  
Educator  
Autism  
Mental  
Chocolate  
Buttons  
Fishfinger  
and cold  
Saxford  
Inclusive  
and Diversity  
Society



**Pick 1**

**Draw or write about this community  
and how it makes you feel.**

Reading a script makes me focus at home  
and in the rehearsal room and also on  
stage.

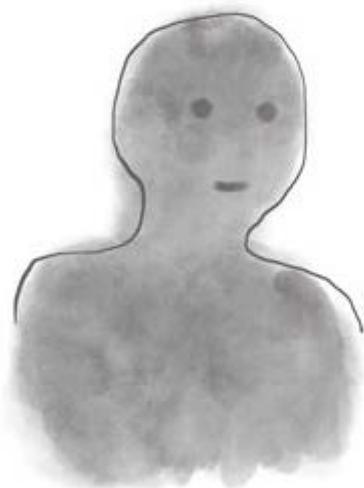
Odeon cinema I get too excited see new  
films

# Assumptions

Write or draw all the things people assume about you outside this figure.

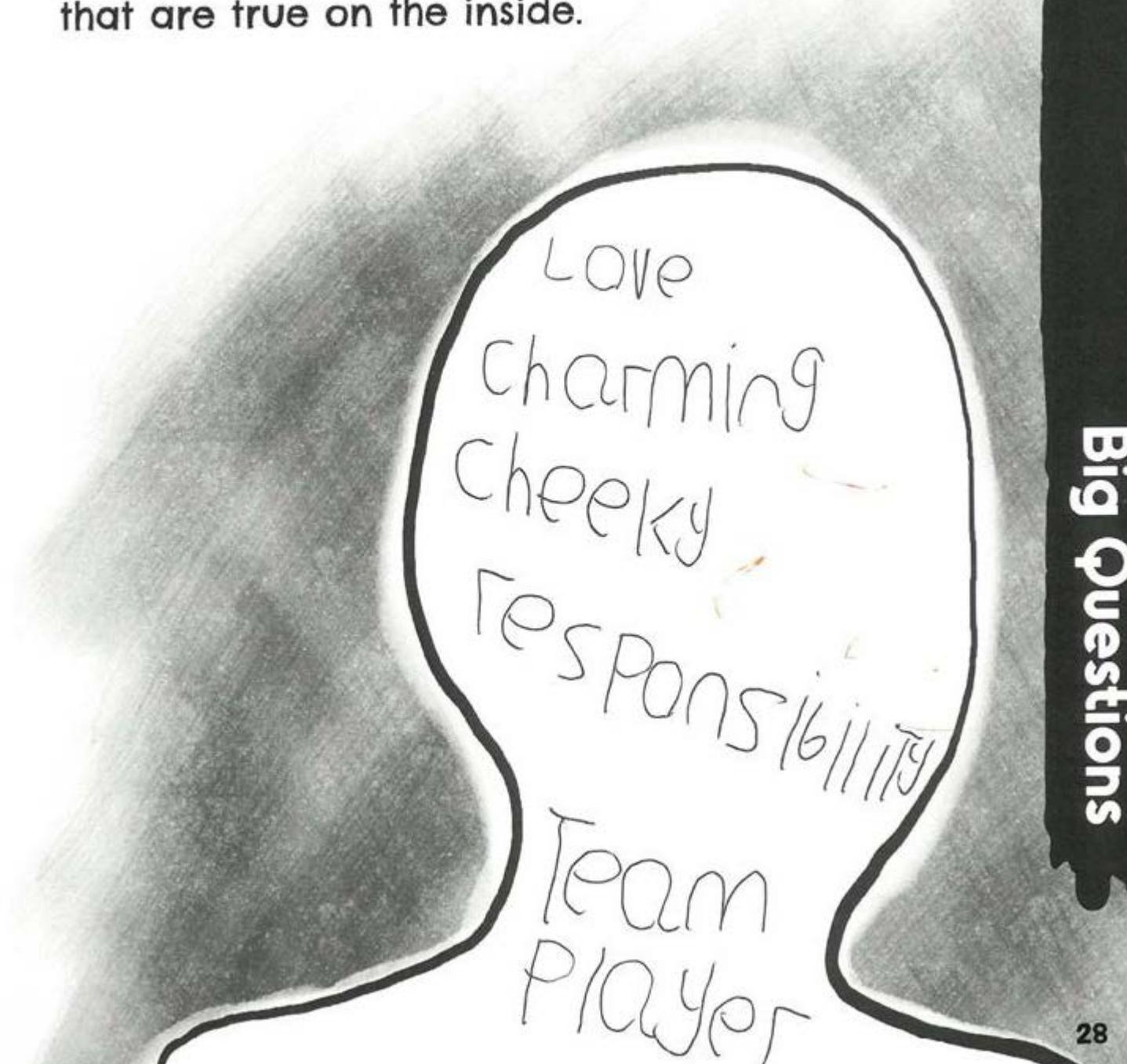
I don't make eye contact I'm not listening

I don't look disabled



IF I DON'T SPEAK CLEARLY OTHERS MAY NEVER UNDERSTAND ME

Write or draw all the things  
that are true on the inside.



Love  
Charming  
Cheeky  
Responsibility  
Team  
Player

# School

**Draw or write about one thing that made school fun.**

Mixing with other people and getting to know them and find out more about them

Learning more about myself its all right to be different and having a disability

my school helped me grow learn develop as a person in my confidence self esteem self believe



Being able to mix with disability and mainstream, Inbetween 2 different School.

Draw or write about one thing  
that made school difficult.



Plaque on my own in primary school

I was disrupted by fire alarm

I keep bullying people at school

Some people keep bullying at school

# Age

Mark three important events in your life on this timeline.



becoming independent

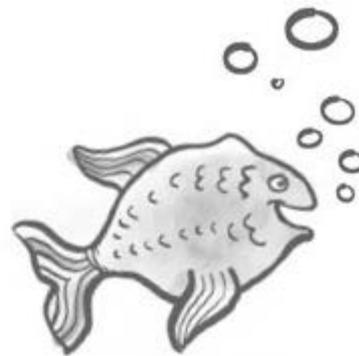
making sure that cinema  
and physical media don't  
die.

making sure that the next  
Play Station is  
backwards compatible



# What do you need

To be happy...



my friends &  
family be around me

To be successful...

confident &  
independent

To be your best self...

I need to believe in  
myself

## What don't you need?



People who don't support you  
on unsafe home  
being in a job you hate.

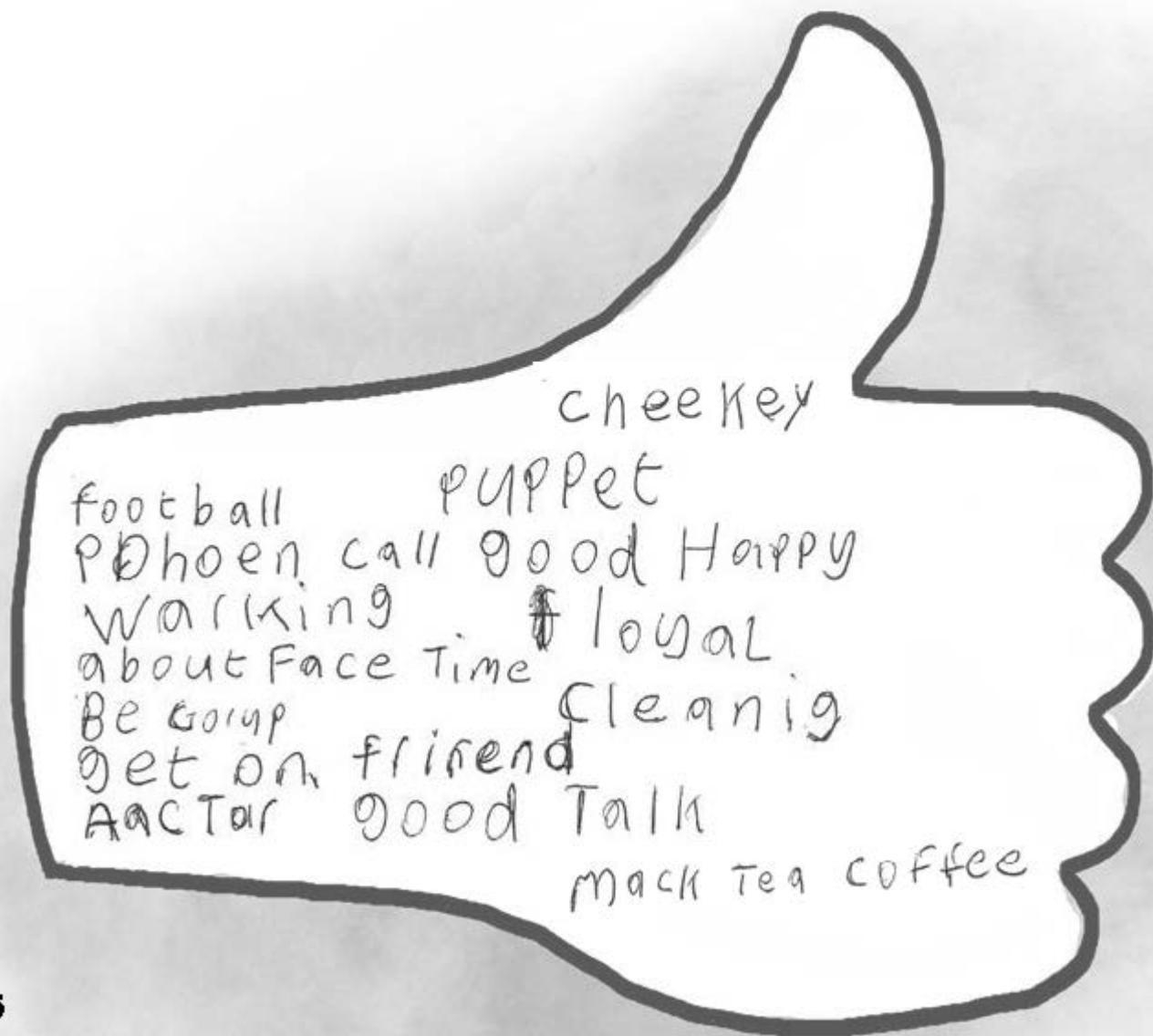
maybe money.

~~set~~ talking badly about yourself, negative  
mindset.

Bad support  
toxic / bad energy.

# Skills

Write or draw all the thing you are good at inside the hand.



**Write or draw things  
you struggle with outside.**

driving find it hard to move

BRING on from SPLITTING  
UP FROM my

reading

feeling



girlfriend

scrabble

SCRAMA  
die

I STUTTER

IS TRUGGLE WITH MY  
anger

# 6 tiny changes

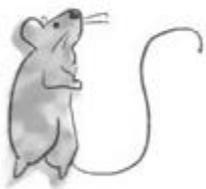


What little things would you like to Change?

1. School doesn't exist. Play school exists.

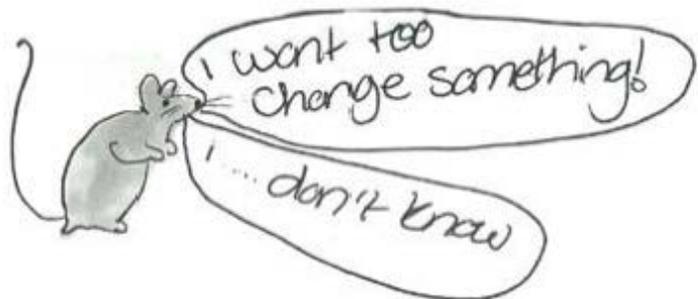
2.

Power cut for the day.



3. Bring animals into work more / animals  
could talk.





4. vouchers for recycling / being friendly  
to the earth.

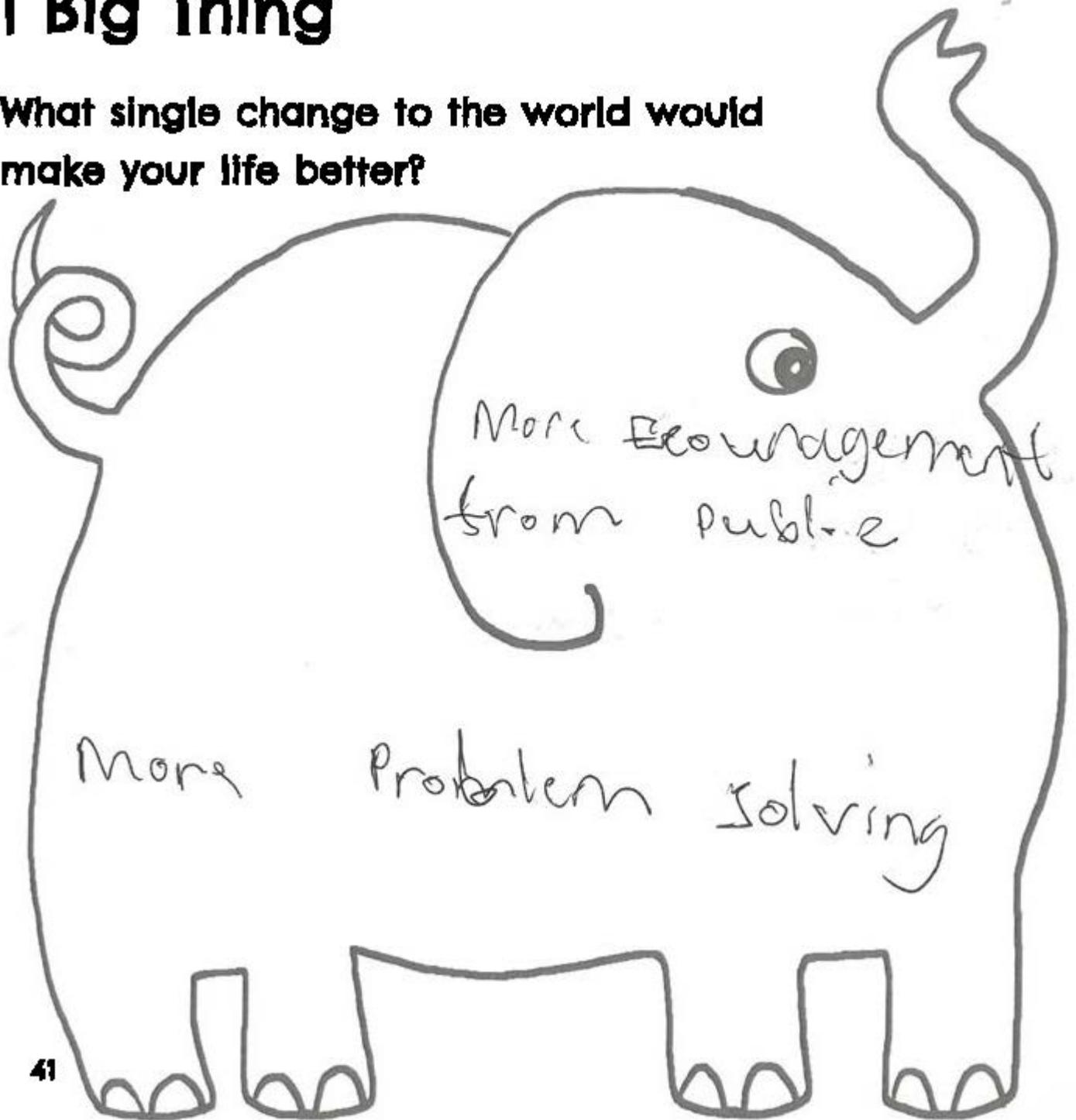
5. Glasses don't exist.  
everyone has good eyesight.

6. Rage rooms at work.



# 1 Big Thing

What single change to the world would make your life better?



**List what you can do to make this happen.**

• Use Open Theatre  
as a way of encouraging  
others to join theatre  
/ only they are into  
acting.

# Yes Manifesto

List 5 things to say  
**Yes** to in your life.

**Manifesto:**  
A list of rules  
and beliefs  
that help you  
make decisions.

1. Yes to kindness

I want to create music several

2. Yes to loyalty  
be on tv / film



3. Yes to friendship

Live somewhere abroad

4. ~Yes to happiness

Find a husband

5. Yes to accepting me

find more people  
like me







# Big Questions

# Next Steps

Where could you go next  
with responses to this book?  
What could they become?



They can become  
community groups to  
open Theatre, to help  
others that love acting.



This book was produced through a collaborative process with Mind the Gap. Thanks to everyone involved:

Vicky Ackroyd, Kelsie Acton, Liam Bairstow, Jess Boyes, Lorraine Brown, Alan Clay, Alison Colborne, Jez Colborne, Howard Davies, Euan Evans-Thirlwell, Daniel Foulds, Anna Gray, JoAnne Haines, Charlotte Jones, Zara Mallinson, Matthew Reason, Laura Reed, Jack Riley and Bee Skivington.

Book design and artwork by Brian Hartley.

I'm Me is directly working with learning disability arts organisations from around the UK. We would like to thank them for participating in this project:





What  
makes  
you,  
you?

UK  
RI

Arts and  
Humanities  
Research Council



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